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Exchange District **'riding high on hospitality'** as parking spots make way for diners

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metro NEWS
Your essential daily news

NuTonomy beats Uber, Google to debut world's first self-driving taxi.

Issue sees drivers, pedestrians collide

TRAFFIC

Biggest barrier at Portage and Main may be divided opinion

Stephanie Taylor
Metro | Winnipeg

A new public opinion poll of CAA members in Winnipeg shows the majority of drivers surveyed say 'no' to tearing down the barriers at Portage and Main.

Of the 24,000 members surveyed, 1,500 responded, and results show 48.5 per cent are "strongly opposed" to opening the intersection to pedestrians.

CAA president Mike Mager acknowledged more than half of the respondents don't work downtown and the majority commute through the intersection only one to three times a month, according to the survey.

Regardless, he said, safety is the primary concern of his members.

If the barriers were removed, vehicles could be stuck in traffic for longer light cycles, creating impatient drivers and a higher risk of road rage, Mager said.

"You're putting a scenario in place where people are going to get impatient and you could have a risk of injury," he said Thursday. "It's not a matter of *if* there's going to be an accident, it's when."

Stefano Grande, executive director of the Downtown Business Improvement Zone, said concerns expressed in the survey are consistent with other polls that show people are divided on the issue.

That's why city hall's public works department is preparing a new report about how pedestrian crossings could be introduced at the intersection.

"Once the answers are there for the public, I think some people will feel more at ease, and others, maybe not," Grande said.

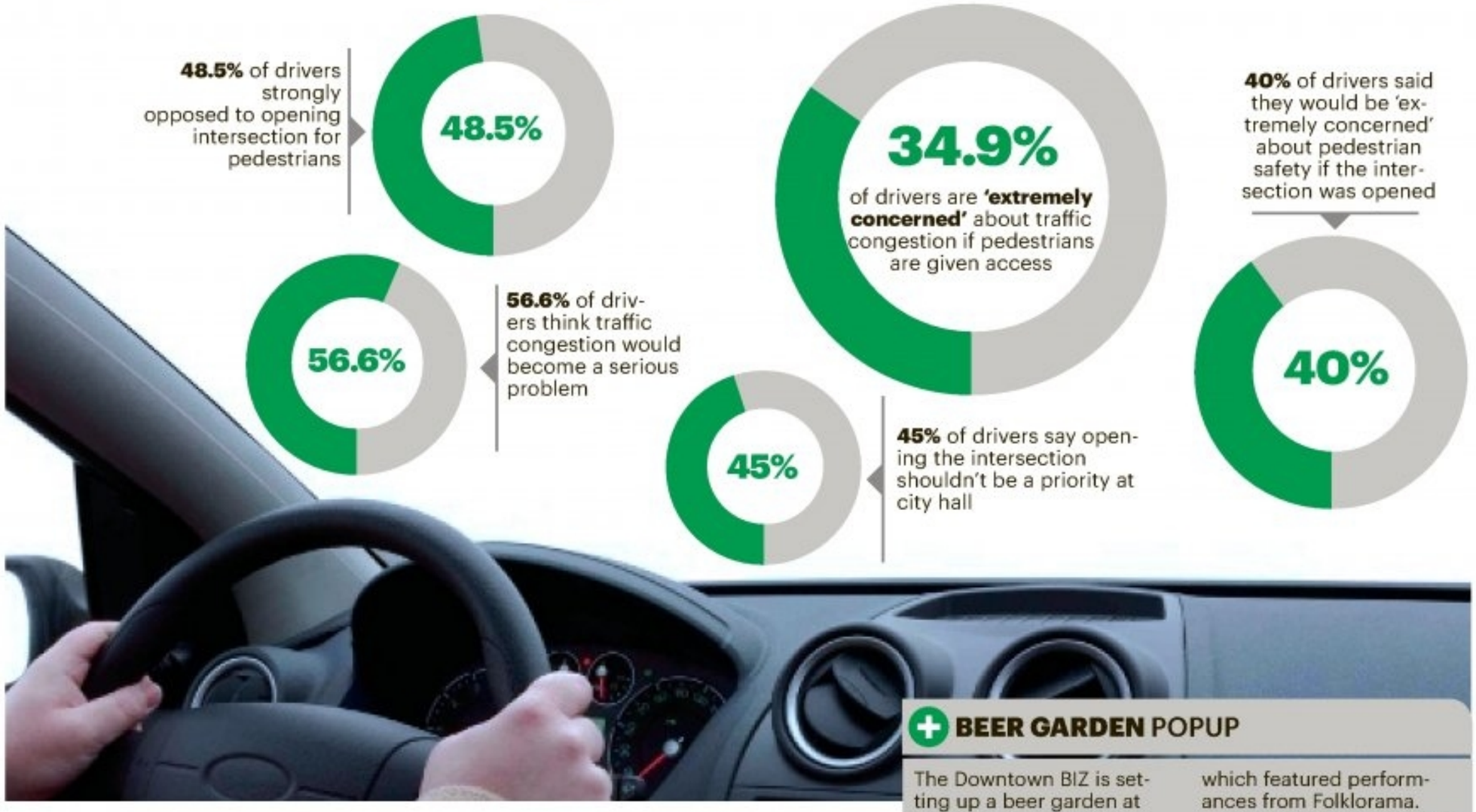
Opening Portage and Main is less about allowing people to cross a street and more about creating an economically vibrant downtown, he said.

"We're hoping people will think about the future and not that 40 seconds," of traffic delay, Grande added.

Part of the division around the issue could be what Mager calls a lack of consultation.

Less than a quarter of CAA members surveyed felt they had not been properly consulted, he said. Another issue that needs attention is the cost of opening the intersection, Mager said.

Mayor Brian Bowman campaigned on bringing down the barriers, and wants to see it happen in time for the 2017 Canada Summer Games in July.



+ BEER GARDEN POPUP

The Downtown BIZ is setting up a beer garden at Portage and Main Friday.

It's the third event in the BIZ's Imagine Portage and Main summer series that aims to generate buzz about opening the intersection to pedestrians by encouraging people to gather on its four corners.

Emily Ormonde, the group's spokeswoman, said about 250 people attended the first event in June, which featured performances from Folklorama.

Another 1,000 people attended the second popup, a midday farmers market in July.

More than 2,000 posters have been handed out to promote Friday's beer garden, and 1,000 people are expected to drop by.

Dubbed Battle of the Beers, the event starts at 5 p.m.

STEPHANIE TAYLOR/METRO

RESIDENCY

Library picks duo as writers-in-residence

Why have one when you can have two?

Winnipeg's Christine Fellows and John Samson have been picked as the new writers-in-residence at the city library.

It's the first time a duo has held the post — but hardly the first time the pair has worked together.

Both writers and musicians, Fellows and Samson have a history of collaboration on everything from manuscripts to scores to recordings.

Together, they've led workshops and, previously, were writers-in-residence at the University of Manitoba. They joined the University of British Columbia's creative writing faculty in 2014.

Fellows released her sixth solo album the same year along with her first collection of poetry.

Samson has five albums with Winnipeg band The Weakerthans, two solo albums and a in 2012 released a collection of his work called Lyrics & Poems.

The pair will provide online and in-person consultation to writers while on board with the library.

Manuscripts can be submitted for review starting Oct. 3.

METRO

Christine Fellows
TORSTAR NEWS SERVICE FILE

John Samson
PHOTO BY JASON HALSTEAD

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Affordable housing top of priority list

GROWING CITY

Find way to offer more as population grows: Expert

Stephanie Taylor
Metro | Winnipeg

Affordable housing could be a big winner in the city's proposal to introduce new growth fees.

With Winnipeg's population expected to exceed 900,000 by 2040, there are a number of issues that need attention — and affordable housing is near the top of the list, said Jino Distasio, innovation director at the University of Winnipeg's Institute of Urban Studies.

Unlike Vancouver and Calgary, which saw its population grow from people with well-paying jobs who bought new homes, a large part of our city's growth is thanks to the number of refugees and new Canadians that now call Winnipeg home.

It's a group of people for whom finding affordable housing is a top priority.

"This is new to the city," Distasio said Thursday. "We're not quite sure how to address faster levels of growth, dealing with suburban sprawl, dealing with renewing infrastructure in our city, addressing the needs of tens of thousands of new Canadian refugees that have come into this city over the last decade."

One answer lies in pressuring the provincial government to leverage more money from Ottawa to build more housing, he said.

Another, he said, is directing a portion of any new growth fees collected to a dedicated affordable housing fund.

Growth fees are charges developers would pay when they build new properties in order to cover the cost of various amenities, such new fire stations, roads, transit, etc.

> **Right now, developers aren't building much affordable housing because you don't make money off poor people.**
>
> — Christina Mae Nino, Social Planning Council of Winnipeg

A consultant recently calculated that an average residential home in our city carries a $30,000 cost to city services, which is what some builders say the new fee could be.

"Maybe $5,000 of that goes into an affordable housing fund," Distasio said.

Christina Mae Nino, with the Social Planning Council of Winnipeg, said growth fees should be waived for affordable housing units as a way to incentivize developers to build more.

$30,000

Cost to city services that an average residential home in Winnipeg carries, according to calculations recently by a consultant.

"Right now, developers aren't building much affordable housing because you don't make money off poor people," she said.

One of her concerns, however, is if growth fees are introduced as a uniform charge across all neighbourhoods, areas that need revitalization could be overlooked by developers because of the added cost.

She pointed to some areas of the north and west end as examples — both areas with older houses that need to be torn down and replaced with newer developments.

CRIME

Suspect sought after backpack explodes

Winnipeg police are still looking for a suspect after a backpack exploded outside the city's law courts building on Wednesday.

Police say a man placed a backpack on the ground outside the courthouse and lit it on fire. They say he took off on a small bicycle.

The backpack exploded when a courthouse employee tried to put out the fire with an extinguisher.

No one was injured, although the employee was taken to hospital as a precaution.

Investigators are looking for a man in his mid-20s. Anyone with information is asked to call police or Crime Stoppers.

THE CANADIAN PRESS

Chosabi's patio was drawing a healthy crowd Thursday despite cooler temperatures and cloudy skies. BRAEDEN JONES/METRO

New patio spaces open on King

EXCHANGE DISTRICT

Restaurants catering to walking, biking crowds

Braeden Jones
Metro | Winnipeg

It's patio season in the Exchange District.

Two new outdoor eating areas opened this week on King Street in front of Chosabi and King and Bannatyne respectively, eating up a few parking spots in the process.

For Chosabi manager Roger Wilkinson, the choice between parking and dozens of extra seats for diners was a no-brainer.

"During lunch rush, people didn't have enough places to sit — now with the patio it's a bunch more seats outside, which is great," he said. "Nothing like sitting outside enjoying a Chosabi burrito.

"We give another 30, 40 people seats. It's amazing."

Plus, it attracts customers in a way parking spots don't. Patios give a sort of busy vibe that front and centre.

"People gravitate to where people are, they want to see what the hype is about," Wilkinson said. "It looks nice, too, everybody likes seeing people sitting outside, they want to be at a hot and bumping place."

> We're in the groove.
> Mike Del Buono

Chosabi also opened a second location on Pembina Highway recently, and that one has plenty of parking. But, the Exchange District location caters more to a walking crowd.

He occasionally hears parking in the Exchange is a problem, but not in such a way that it hurts business.

"Talking to customers, they come down because they enjoy the food, they find ways to get around" the parking, he said.

King and Bannatyne manager Mike Del Buono agrees, adding the Exchange is really becoming more of a walkable, "bike friendly" area in general.

"It's great to see more people on foot, more people on bikes," he said, noting that he's planning to have more bike racks installed. "The Exchange is riding high on hospitality, it's getting more people down there, so the more the merrier."

The restaurant hasn't promoted the patio too heavily yet, since it's new, Del Buono said. Still, there have been plenty of takers.

"It catches people's eyes for sure," he said. "We're in the groove."

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4 THINGS TO DO IN WINNIPEG THIS WEEKEND

Stephanie Taylor
Metro | Winnipeg

It's almost the end of summer. But Winnipeg's not slowing down; there's lots on the go this weekend. Here's a sampling.

GETTY IMAGES

1 Chinatown Street Festival

For the eighth year in a row, the Chinatown Street Festival will liven up our downtown with Chinese music, dancing and art. The two-day festival will feature a variety of cultural performances, night markets, Chinese Kung Fu and even a screening of Crouching Tiger, Hidden Dragon. It runs on King Street from 1 p.m. Saturday to 5 p.m. Sunday.

GETTY IMAGES

2 Chris Isaak

The American rocker best known for his '90s hit Wicked Games will be performing to a Winnipeg audience at the Burton Cummings Theatre on Saturday. He's touring his new album, First Comes The Night. Tickets are $45.50 plus tax.

3 Oddblock Comedy Festival

Love to laugh? This one's for you. The Oddblock Comedy Festival started Thursday and runs through Sunday. Touted as the city's comedy block party, the event on Osborne Street features acts from more than a dozen comedians, including Ron Lynch and Todd Glass. A weekend pass costs $60.

4 Ribfest

Dig out your bib and head down to The Forks for some ribs. The Rotary Club's annual celebration of meat runs Friday to Sunday with music, beer and, well, lots and lots of ribs. It starts at 4 p.m. Friday and 11 a.m. on the weekend.

TORSTAR NEWS SERVICE FILE

Second newborn mix-up alleged

Norman Barkman, left, and Luke Monias, both from Garden Hill First Nation, were switched at birth in Norway House hospital. They went public with their story last fall. Now, another pair of men, born in the same facility in the same year, are also coming forward with allegations they were switched. JOHN WOODS/THE CANADIAN PRESS

FIRST NATIONS

Indigenous leaders call for inquiry into hospital

Indigenous leaders say two men from a northern Manitoba First Nation have DNA evidence showing they were switched at birth — the second such alleged mix-up in the mid-1970s at the same federally run hospital.

The men, who are to share their story publicly Friday, were born at the Norway House Cree Nation hospital in January 1975. They still live in the community about 450 kilometres north of Winnipeg.

DNA tests revealed just a few days ago that the men are not biologically related to their parents.

"It's disgraceful," Manitoba's former aboriginal affairs minister Eric Robinson, who has been working with the families, said Thursday.

"It's really, really troubling."

The revelation comes after two men from Garden Hill First Nation discovered last fall that they were switched at birth at the Norway House hospital in the same year.

Luke Monias and Norman Barkman were born in June 1975 and raised by each other's families. They learned the truth through DNA tests last November.

Robinson said there was always suspicion among residents in Norway House about the latest case. He wouldn't name the men before their news conference Friday.

Their families are coping as best they can, Robinson said, but they are in turmoil because their lives have been torn apart.

One of the fathers is an elder who shares the same name as his son.

"The boy he raised is known as Junior," Robinson said.

"They're upset and (saying), 'How can this happen?' They are confused and there is a bit of anger."

When the first mix-up came to light, Robinson and others called on the federal government to investigate. Counselling was offered but no action appears to have been taken, Robinson said.

> **"This matter was just swept under the rug."**
> Eric Robinson, former aboriginal affairs minister

Now, he and the Norway House First Nation are renewing the call for an inquiry so the families get the answers they deserve. The federal government must appoint an independent body to conduct a thorough investigation, Robinson suggested.

If this happened to four newborns at the same hospital, he asked, how many other indigenous babies were also switched at birth?

"Other cases may come forward," he said.

"Twice in the same year in the same hospital with indigenous kids? It makes you question."

THE CANADIAN PRESS

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GENDER

Fight for equality goes on

Prime Minister Justin Trudeau has joined a social media campaign urging world leaders to acknowledge that poverty has a disproportionate impact on girls and women.

"Women and girls are less likely to get an education, more likely to be impoverished, and face greater risk of disease and poor health," Trudeau wrote in a letter released early Thursday morning.

The letter was crafted in response to a call from the ONE Campaign — an organization co-founded by Bono, the frontman for the Irish rock band U2, which promotes maternal and child health projects in developing countries in Africa and elsewhere.

The organization had sent an open letter to Trudeau and other global leaders this March to coincide with International Women's Day asking them to recognize that poverty and gender inequality go hand in hand.

"On behalf of the Government of Canada, I am writing you back to know that I wholeheartedly agree: poverty is sexist," Trudeau wrote, employing the phrase used by the campaign.

The campaign, according to its website, has also been endorsed by the likes of Oprah Winfrey, actresses Meryl Streep and Tina Fey, Facebook CEO Mark Zuckerberg and philanthropist Melinda Gates.

"I accept your challenge to lead. As a feminist, I know that women must be treated equally everywhere," Trudeau wrote, noting that he brought gender parity to his cabinet when the new Liberal government was sworn in last year.

"It is my hope that this will set an example for governments around the world," Trudeau wrote. THE CANADIAN PRESS

Justin Trudeau is greeted by members of his caucus at in Saguenay, Que., on Thursday.
JACQUES BOISSINOT/THE CANADIAN PRESS

PM urges focus on middle class

SAGUENAY, QUE

'We need to look 40 years down the road,' Trudeau says

Prime Minister Justin Trudeau warned his Liberal MPs on Thursday to resist resting on their laurels now that they have formed government, and to avoid becoming too distracted by the daily ups and downs of life in politics.

"We should be proud of what we've accomplished, but never satisfied," Trudeau told the national Liberal caucus, which gathered in Saguenay, Que., to hammer out the legislative and political agenda before returning to Parliament Hill next month.

"I know that it's easy to get caught up in the day-to-day, but let's never forget why we are all here in this room — to help the middle class and those working hard to join it."

The prime minister said that vision applies not just for the rest of the year, nor even the rest of the majority Liberal mandate before the 2019 election.

"As a government, we need to look 40 years down the road, not just four. To the next generation, not just to the next election. Because when a government takes that long view, it can deliver extraordinary results for Canadians," he said.

> **As a government, we need to look 40 years down the road, not just four.** Prime Minister Justin Trudeau

The fight against climate change is one particularly "daunting challenge" that lies ahead, Trudeau noted.

Thursday's long-game reminder from Trudeau also comes after a rough few days of negative attention over expensive mistakes by some rookie ministers, such as the thousands Health Minister Jane Philpott spent to be chauffeured around in a luxury vehicle owned by a Liberal volunteer.

The caucus retreat is a way for Liberal MPs to reconnect after the summer away from Ottawa, but also to get updates from cabinet ministers on their legislative plans for the fall.

THE CANADIAN PRESS

Lone wolves are the main terror threat, report says

The main terrorist threat on Canadian soil remains lone wolves or small groups inspired by ideology to carry out attacks, a new public safety report states.

The 2016 report on terrorist threats to Canada drew a distinction between attacks "inspired" by extremist ideology versus those "directed" by terrorist organizations abroad.

"As with the 2014 attacks in Canada, an individual or small group can be inspired to carry out an act of violence … with little or no warning," states the report, released Thursday morning.

"Such attacks can target areas with limited or no security, including crowded public places and public transportation. Even small-scale terrorist attacks have significant psychological and economic impacts."

The October 2014 attacks in Saint-Jean-sur-Richelieu, Que., and Ottawa seem to fit the "inspiration" category — as does the attempted attack foiled by authorities in Strathroy, Ont.

Aaron Driver was shot dead by police after the FBI tipped off Canadian authorities that the 24-year old, who was on a peace bond due to a suspicion he was connected to terrorist groups, planned to attack a major urban centre with a homemade bomb.

Public Safety Minister Ralph Goodale said Driver's plan shows the need for "continued vigilance."

The report comes as the Liberal government prepares to review Canada's national security framework.

TORSTAR NEWS SERVICE

IN BRIEF

Crossbow incident leaves three dead, one injured

Three people suffering from what appeared to be wounds from a crossbow were pronounced dead Thursday in an incident that rocked a Toronto neighbourhood, police said. An injured 35-year-old man was taken into custody. Two men and a woman were pronounced dead a short time later. A crossbow was found nearby on the floor.

THE CANADIAN PRESS

HEALTH CANADA

Memo caused chaos in First Nations: Leader

First Nations leaders expressed dismay Thursday that two communities in northern Ontario were given less than a week's notice from Health Canada that their federally run nursing stations would be temporarily closed.

Keewaywin First Nation and Nibinamik First Nation were told in a memo dated Tuesday that the federal department was planning to put a temporary alternative medical plan in place by the end of this week.

Health Canada has since confirmed that the planned closures, originally scheduled for today and Friday, have been averted.

The government memo, dated Aug. 23, suggested the communities would have to access telemedicine — treatment and diagnosis remotely, either over the phone or via video link — at a nursing station in another community.

The short notice was unacceptable, said Nishnawbe Aski Nation Grand Chief Alvin Fiddler, noting the memo prompted unnecessary chaos and confusion on the ground. Nishnawbe Aski is an umbrella political organization representing 49 First Nation communities in northern Ontario.

Charlie Angus, an Ontario NDP MP and his party's indigenous health critic, said he was "gobsmacked" when he first heard about the contents of the memo.

Angus also urged Health Minister Jane Philpott to address the grave state of indigenous health. "She's aware of this crisis, she knows the magnitude of the crisis, she knows lives are at stake," Angus said.

> (Philpott) knows the magnitude of the crisis, she knows lives are at stake.
> MP Charlie Angus

THE CANADIAN PRESS

The study will assess whether people between the ages of 65 and 80 develop more muscle mass and have the associated benefits such as improved balance and mobility. ISTOCK

School looks to up elderly muscle mass

FREDERICTON

Research may determine if protein shakes can aid seniors

Researchers at the University of New Brunswick have launched a study to find out whether a protein drink can help build muscle — without exercise.

Danielle Bouchard and Martin Senechal are concentrating the study on adults over the age of 65.

"We have been hitting our heads against the wall to get older adults to gain significant muscle mass by doing exercise or anything else. It's hard to get older adults to gain muscle mass after a certain age," Bouchard said Thursday.

> More muscle mass equals less risk of different chronic conditions, having less need for help and having more function.
> Danielle Bouchard

U.S.-based company Plasma Nutrition believes its product, called Moto Protein, has greater benefits than other protein shakes because it is more easily digested, said Bouchard.

"If you take more protein you gain more muscle mass and for older adults, having more muscle mass equals less risk of different chronic conditions, having less need for help and having more function. Being independent longer is the ultimate goal," she said.

Bouchard said the 12-week study will assess whether test subjects, between the ages of 65 and 80, develop more muscle mass and have the associated benefits such as improved balance and mobility.

She said they will be compared with a second group that will be given a regular protein drink.

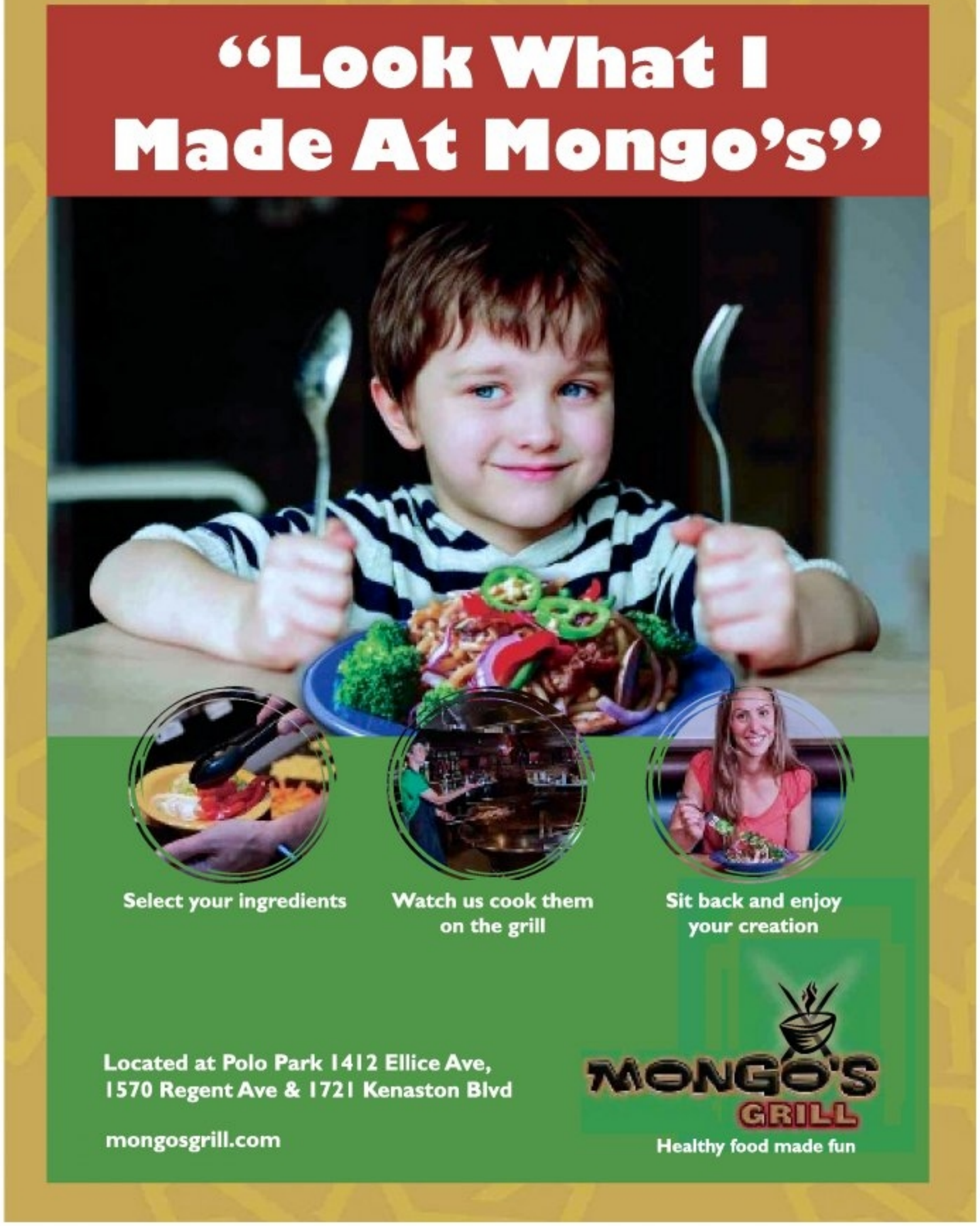
Bouchard said while Moto Protein has been on the market for some time and is approved by Health Canada, it has never been tested to see if it has clinical implications for older folks.

"Are they more able to get out of a chair? Are they more able to keep their balance? Are they more able to lift weights? At the end, that's what older adults are looking for is the result of gaining muscle mass."

Bouchard said getting adequate protein is important for everyone, especially seniors and others who may be inactive.

The researchers are still looking for a few more men and women in the Fredericton area to take part in the study.

THE CANADIAN PRESS



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Ban on burkinis faces threat of legal challenge

FRANCE

Human-rights group points to freedom of dress, religion

Australian-Lebanese designer **Aheda Zanetti** holds up her burkini swimsuits. AFP/GETTY IMAGES

France's highest administrative authority is studying whether local bans on full-body burkini swimsuits are legal, amid growing concerns in the country and abroad about police forcing Muslim women to disrobe.

Images of uniformed police appearing to require a woman to take off her tunic, and media accounts of similar incidents, have elicited shock and anger online this week.

Some fear that burkini bans in several French towns, based on a strict application of French secularism policies, are worsening religious tensions. Divisions have emerged in President Francois Hollande's government over the bans, and protests have been held in London and Berlin by those defending women's right to wear what they want on the beach.

Critics of the local decrees have said the orders are too vague, prompting local police officials to fine even women wearing the traditional Islamic headscarf and the hijab, but not burkinis. The bans do not generally use the word "burkini" but forbid in a general way clothing that is ostentatiously religious.

Prime Minister Manuel Valls said on BFM television on Thursday that burkinis represent the "enslavement of women" and reiterated support for the bans — but urged police to implement the bans fairly and respectfully.

Two human-rights groups, arguing the bans are discriminatory, appealed to the Council of State.

The council held a hearing Thursday and is expected to issue a ruling on Friday. The ruling specifically concerns a ban in the Riviera town of Villeneuve-Loubet, but the decision will be binding and set a legal precedent on the increasingly heated question of whether cities can tell Muslim women what to wear on the beach.

The Human Rights League and the Collective Against Islamophobia in France say the Villeneuve-Loubet mayor's decree violates basic freedoms of dress, religious expression and movement.

On Monday, a lower court in Nice ruled that the Villeneuve-Loubet ban was "necessary, appropriate and proportionate." The administrative court added that wearing "conspicuous" religious clothing on the beach may be seen as a "provocation" by some people and increase local tensions.

THE ASSOCIATED PRESS

Canadian among victims

EARTHQUAKE

Canada's Italian community looking into recovery efforts

A Canadian citizen was killed and another injured when an earthquake struck a mountainous stretch of Italy on Wednesday, leaving 250 people dead and thousands homeless, Global Affairs Canada said.

"I was extremely saddened to see the tragic loss of life following the devastating earthquake in central Italy, which now includes the death of a Canadian citizen," Foreign Minister Stéphane Dion said in a statement Thursday.

"We share in the grief of the lives cut short by this terrible event."

The foreign affairs department did not release the name of the victim, citing privacy concerns.

The 6.2-magnitude quake struck at 3:36 a.m. Wednesday, injuring at least 365 people and reducing four historic towns in the Appenine Mountains of central Italy to rubble. It was the deadliest earthquake to hit the country since 2009, when a seismic shift shattered L'Aquila — less than 100 kilometres from this week's devastation — killing more than 300 people.

Officials say 72 Canadians were registered as being in the area when the earthquake struck, though they did not say whether any Canadians are missing.

Vaughan resident Sam Ciccolini, 72, returned from the region less than two weeks ago, strolling the narrow streets of villages now smothered in concrete rubble and debris.

Emergency workers on Thursday search the rubble of a building destroyed during an earthquake in Amatrice, Italy. GETTY IMAGES

> "As soon as day broke and the aerial shots were coming in, I said, 'Oh my god. Entire towns.'"
> Sam Ciccolini

Ciccolini says 48 family members live in a mountain village 100 kilometres southeast of the quake's epicenter.

"At 4:30 a.m., I get a What'sApp from (my niece) saying, 'There's an earthquake outside our hometown. We are all scared for the aftershocks, but no destruction yet,'" recalled Ciccilini, who grew up in central Italy.

"As soon as day broke and the aerial shots were coming in, I said, 'Oh my god. Entire towns.'"

Ciccolini is the vice-chair of Villa Charities, which helped raise money following the 2009 earthquake in L'Aquila and funded a new community centre.

Bob Sacco, president of the National Federation of Canadian Italian Business and Professional Associations, says that while it's still early, his organization is looking at options to support recovery efforts.

"I got a lot of calls from our chapters in Montreal and various chapters across Canada that basically said, 'How can we help?' The first step is really to figure out who the right people are to have an idea and do an effective plan," he said.

Seven years ago, Sacco was involved in the Abruzzo Earthquake Relief Fund, which raised $2 million for a new medical research facility at the University of L'Aquila. Another $400,000 was donated to the Red Cross.

"The Italian community stepped up to the plate when that happened there, and I'm sure they'll do that this time as well," Sacco said.

The four towns and villages hit hardest were Amatrice, Pescara del Tronto, Arquata del Tronto and Accumoli. All have medieval roots with centuries-old buildings.

Constantin Christopoulos, professor of civil engineering at the University of Toronto, said the proximity of the quake's epicentre to the villages and towns affected played a big role in the devastation, on top of sheer magnitude.

"The closer the epicenter to the populated areas, the more damage that we see," Christopoulos said, noting the four communities sat within 12 kilometres of the seismic source.

"Many of the buildings that we're seeing on TV — some of these look like older stone and unreinforced masonry construction — were not designed to withstand earthquake loading and are therefore prone to damage," he said.

TORSTAR NEWS SERVICE

SYRIA

Rebels to surrender suburb of Damascus

After four years of grueling bombardment and crippling siege, the remaining residents and rebels of a Damascus suburb agreed to surrender and evacuate under the terms of an agreement reached Thursday, Syrian government and opposition activists said.

The surrender of Daraya is a success for President Bashar Assad's government only a few kilometres from his seat of power, removing what has been a persistent threat to the capital and strategic military bases nearby.

"No one will remain," said Hussam Ayash, a Daraya activist and member of the town's local council. "We are being forced to leave, but our condition has deteriorated to the point of being unbearable. We withstood for four years but we couldn't any longer," he said, in tears.

Daraya has been besieged for nearly four years, with only one food delivery by the United Nations allowed to reach the district during this time.

THE ASSOCIATED PRESS

MIDDLE EAST

13 dead in attack on Afghanistan university

A brazen, hours-long militant attack on the American University of Afghanistan ended Thursday after at least 13 people were killed and dozens wounded in the assault on the sprawling campus, a government spokesman said. The dead included seven students and one teacher, according to Afghan authorities. No group has claimed responsibility.

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AT RIVER CITY FORD

Cold brews hot sellers for chains

FOOD AND DRINK

David's Tea, Starbucks brew up icy drink growth

A cold front is moving into the already saturated regular coffee market in Canada, thanks to younger consumers.

"There's no real growth in hot coffee. It's all been done, so the cold beverage market is the evolution for these chains," Doug Fisher, a longtime food service industry analyst, notes.

According to research firm NPD Group, iced coffee has seen a 16.9 per cent growth in sales at fast food restaurants in Canada in the 12 months ending June 2016.

And the cold category's popularity is no longer limited to the steamy summer months either. "We have seen an increased shift in consumer preference from hot to cold throughout the whole year," says Mary Graham, vice president, category brand management, Starbucks Canada.

The java giant has enjoyed a 30 per cent growth in sales over the last two years of all things chilled. Starbucks' iced tea business in Canada has grown 41 per cent since 2014.

McDonald's is also seeing strong iced coffee growth of 23.4 per cent at its McCafé counters over the last year.

Approximately 85 per cent of tea consumed in America is iced, according to the Tea Association of the U.S.A. With this in mind, Montreal-based Davids Tea is brewing up a rapid expansion in the U.S.

The Tea Association of Canada says frequent innovation and constant marketing of new products have helped keep tea top-of-mind for consumers, especially millennials, who are more likely than older generations to drink the beverage.

TORSTAR NEWS SERVICE

Cold drinks are the hottest thing out there now for the big players. CONTRIBUTED

CANADA POST

Job action notice issued

The Canadian Union of Postal Workers, representing nearly 51,000 Canada Post employees, issued a 72-hour notice of job action Thursday, just hours before a strike mandate was set to expire, but stopped short of a full-blown walkout. The union hasn't said exactly what actions it was planning. The notice puts postal carriers in a legal strike position by Aug. 28. THE CANADIAN PRESS

Banks' profits grow despite economy

Canada's big banks have defied predictions that blustery economic headwinds would finally catch up with Bay Street and blow away some of their profit growth.

Four of Canada's Big Five banks have reported third-quarter results this week. They have breezed ahead of analysts' expectations that a low interest rate environment, high consumer debt loads, lower oil prices and generally sluggish economic conditions would limit growth potential.

All four beat expectations by a wide margin.

CIBC saw profits soar by 50 per cent to $1.4 billion.

TD said it raked in $2.4 billion, a four per cent gain.

RBC reported record net income of $2.9 billion, up 17 per cent.

BMO saw profits grow four per cent to $1.3 billion.

TORSTAR NEWS SERVICE

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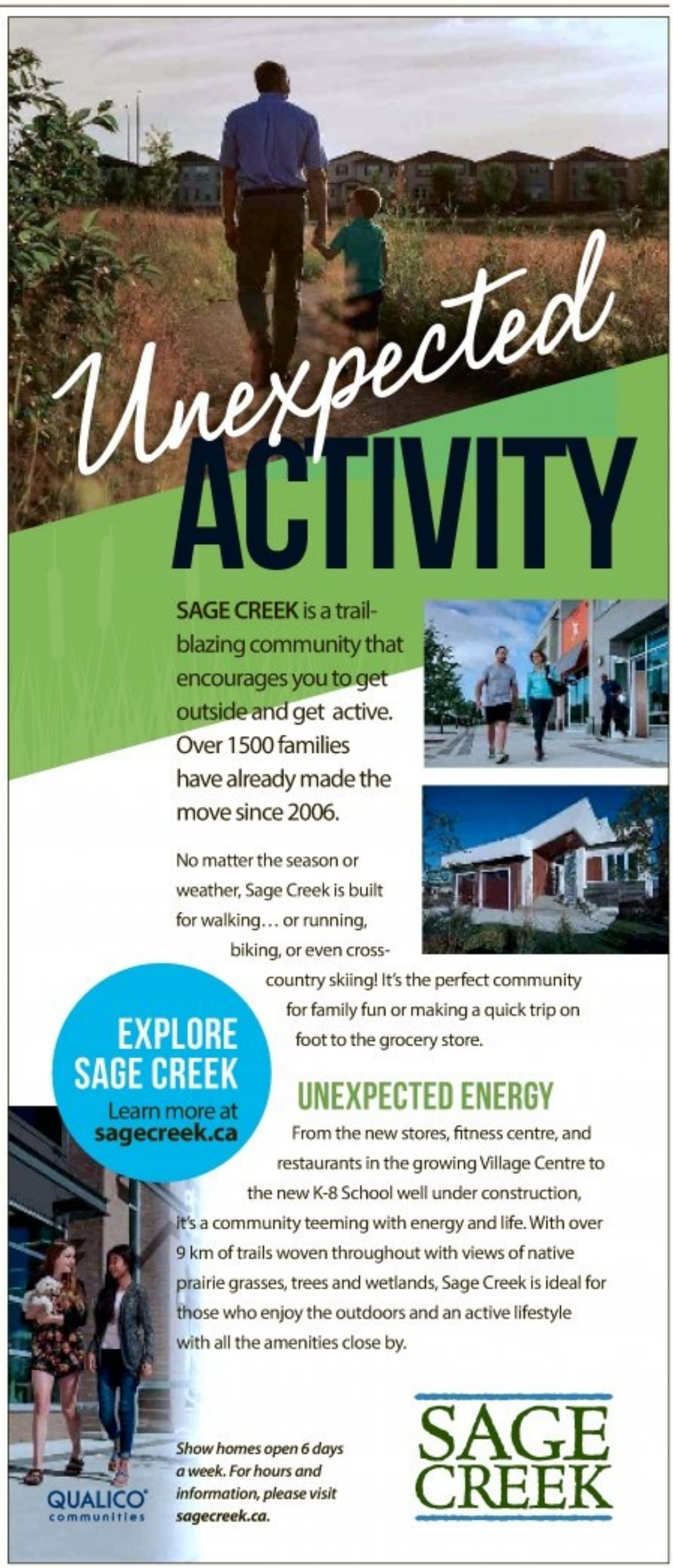

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2017 FORD **ESCAPE** SE

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2016 FORD **FUSION** SE

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Stock #208636R

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2016 FORD **FOCUS** SE

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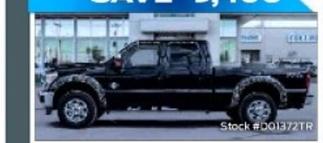

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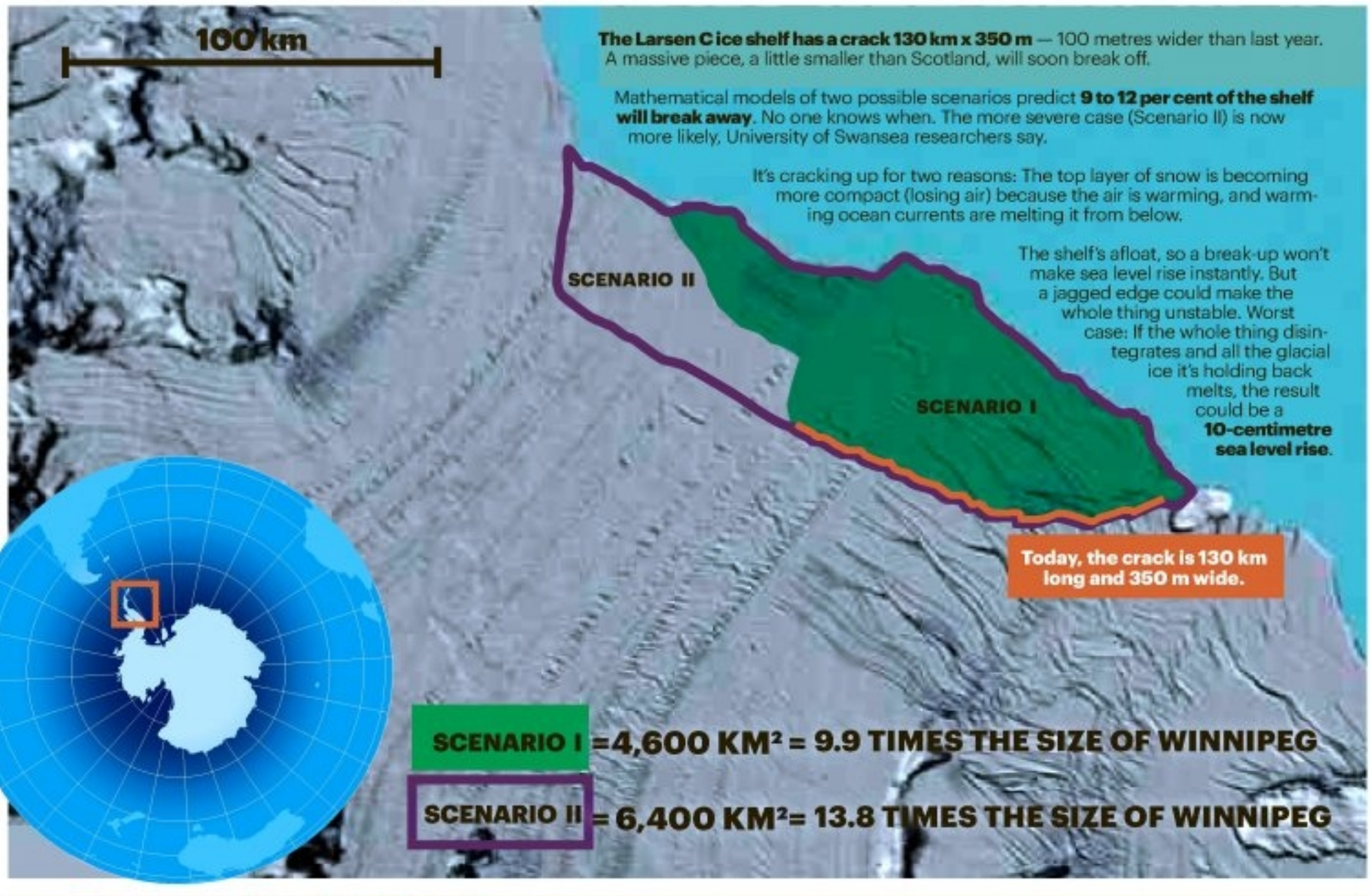
AT RIVER CITY FORD

metro SCIENCE
Your essential daily news
A Brazilian study says new tests are needed to ensure sunglasses still offer UV protection after hours of wear in the sun

DECODED by Genna Buck and Andrés Plana

A CHUNK OF ICE THE SIZE OF SCOTLAND

It's literally what happens in the opening scene of the global warming disaster movie The Day After Tomorrow. The massive crack in the 350-metre-thick **Larsen C ice shelf**, which hangs off the northern edge of Antarctica, has grown an unprecedented 22 kilometres since March. **The reason: Climate change. The result: It will break off. And it could be bad.**

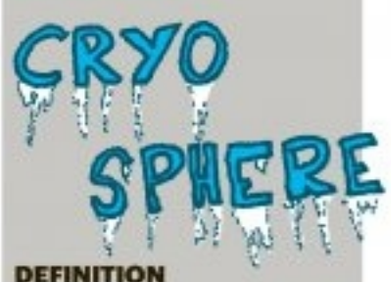


FINDINGS
Your week in science

SQUISHY ROBOT
It's gooey, eight-tentacled, transparent, and about the size of an SD card: **Octobot**, the first robot with no solid parts. A gas-producing chemical reaction makes it move, showing one day robots could mold to their surroundings.

RIVER MARTIANS
If the Curiosity rover had landed on Mars just four billion years earlier, it would have encountered vast, winding rivers. A report in the journal Geology says fossilized riverbeds have been discovered — possibly (who knows!) harbouring fossils of living things — on an ancient region of the red planet's surface.

SOUND SMART



DEFINITION
The **cryosphere** is the sum total of all the ice on Earth, including the continental ice sheets, ice caps, glaciers, areas of snow and permafrost, and sea ice. It's part of the **hydrosphere**, the total of all the water on our planet and in its atmosphere.

USE IT IN A SENTENCE
Deborah's been reading those climate-change denier websites again. She clearly hasn't been paying attention to the recent, radical shrinking of the **cryosphere**.

CITIZEN SCIENTIST by Genna Buck

My massive miscalculation

Instead of answering a question this week, I have a confession. It's the reason I'm Metro's citizen scientist, and not a real scientist. It's why I'm not a data journalist.

I never took math seriously in high school or university, and I'm paying for it now.

Math and I parted ways in 2007 when I placed the final exam for mandatory first-year calculus on a table covered in all the hair I'd pulled out in the preceding three hours. I suspect the 72 I earned was closer to a 52, because we were graded on a curve.

Not that I knew what "graded on a curve" meant: I blew off statistics too. My program recommended, but did not require it. And far be it from me to do math that was not required.

It felt like cleverly pulling one over on the school. But I screwed myself over, to lasting effect.

High-school stats didn't introduce concepts, such as tests of significance, I need to understand now to report about science. Not that I would have benefited, if it had covered those things: I fudged my way through that class too, earning an A-minus on a final project that probably deserved a D. (Thanks, grade inflation).

I never considered a STEM field, not because I didn't want to, but because I thought I couldn't. Too hard. Too much math.

It was my mistake. But I'd like to foist a bit of blame on everyone who said, "You'll never use this math in real life" in my earshot.

Because, as I've learned the hard way, that is such a filthy lie.

Math is how we decide what's true and false, what's likely and unlikely. When we say we're "informed" about climate change or vaccine safety or dietary fat, we're actually saying we get the math at the heart of these things.

I don't. And I know this blind spot — OK, it's more like a missing eye — could get me in trouble one day. I'm taking AP statistics, an online course designed for bright high schoolers. It's a decade overdue. Not too late, but I do wish I made my education count the first time around.

Science Question?
Tweet @genna_buck

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MOVIES MUSIC TELEVISION DIGITAL

Statham is always the stoic loner

IN FOCUS

Mechanic: Resurrection continues with beloved brand

Richard Crouse
For Metro Canada

Jason Statham isn't so much an actor as he is a brand.

When you go to McDonald's you know you can expect the two all beef patties, special sauce and the sesame seed bun to taste the same whether you're in Calgary or Hong Kong. It's that kind of brand management that has made Statham a star. You know what to expect from his movies — rippling abs, some high kicking action, his trademarked facial stubble and loads of explosions.

It's a simple formula but one that works for his fans. Perhaps the advertising slogan for his new film, Mechanic: Resurrection should be New, But Still Exactly the Same.

Statham returns to the role of Arthur Bishop, a part originated by Charles Bronson and resuscitated by Statham in 2011's The Mechanic.

The new film finds the actor playing a variation on his Statham Character #1 in which he is a "loner with a past who must protect a loved one," as opposed to Statham Character #2 which is the "loner with a past who must protect a youthful innocent."

As Bishop, he has put the bloody work of professional assassin in the past and is now trying to lead a normal life. When a villain kidnaps the love of his life, however, he must get his hands dirty and return to his specialty, killing people and making it look like an accident.

What Statham lacks in range he makes up for in muscle tone. His well-crafted on-screen persona is equal parts stoic masculinity and lithe athletic ability. He's Charles Bronson (who starred in the original The Mechanic in 1972) with better moves, a man of action and few words in the mould of Clint Eastwood, if Clint had a better roundhouse kick.

In Mechanic: Resurrection, his 38th film since 1998 (and he has at least three more in the pipeline), he doesn't do anything we haven't seen him do before, but no matter, he simply does the things we expect him to do. That's what brands do, and as movie brands go these days he's about as reliable as it gets.

He is either remarkably consistent or just really enjoys playing guys who can break your neck with a steely gaze. Recently, a scientific poll — OK, I posted a question on facebook — posed this question: What makes Statham movies so popular? Here are some of the comments:

- His Blue Steel stare puts Zoolander to shame!
- His complete lack of facial movement? It's like if Buster Keaton were an emotionless British killing machine.
- He always manages to kick someone's butt while being tied to a chair.
- Not since Don Johnson, circa Miami Vice, has an actor managed to maintain a perfect three-day stubble…

Statham's movies are predictable as heck.

"You gotta be kidding me!" you'll be tempted to say at some of the plot twists, if only the movie's characters didn't beat you to it.

They are cliché-a-thons, but because Statham understands his audience and persona his films are dumb good fun. His über-macho presence is more important than the scripts. As long as he is in motion, running and leaping, kicking and punching, and giving voice to action movie platitudes in his distinctive English rasp, his pictures work.

MOVIE RATINGS by Richard Crouse

Don't Breathe	★★★★
Southside With You	★★★
Manhattan Night	★★
A Tale of Love and Darkness	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Jason Statham returns to the role of Arthur Bishop in Mechanic: Resurrection. HANDOUT

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INTERVIEW

Actress directs herself in film adaptation of Jerusalem book

Steve Gow
For Metro Canada

Portman sees Israel through her own lens

Portman's film is the culmination of a decade's work to bring Amos Oz's biographical novel a Tale of Love and Darkness to the screen. It stars Amir Tessler as Amos, an Israeli author who chronicles his childhood growing up in 1940s Jerusalem. SUPPLIED

It took more than two decades before Natalie Portman finally got an opportunity to work with a female director. Coincidentally, that filmmaker just happened to be her.

Making her debut behind the camera, the thespian felt so passionate about turning hit novel A Tale of Love and Darkness into a big-screen drama, she adapted the screenplay, took the lead role and set herself up to direct.

"The relationship between the mother and the son really moved me," said Portman of Amos Oz's memoir about growing up in 1940s Jerusalem.

"Some people have really vivid childhood imaginations of aliens or monsters and that's what they make movies about. For me, it was very much Israel. Those were the kinds of stories I heard growing up."

Portman herself was born in Jerusalem, and the 35-year-old talent has always possessed a curiosity about Israel's earliest days.

In her effort to portray the era with complete accuracy, she even filmed the movie in Hebrew — at the expense of the project's potential commercial viability.

"If you make a bad movie that nobody relates to, I don't think anyone's going to come to it no matter what language it's in," said Portman, who recalls critics also told her Black Swan (the 2010 drama for which she won an Oscar) was ill-fated.

"(People) were like, 'Ballet is for girls and thrillers are for boys so who's going to see your movie?' and it ended up being the most profitable film I've been in, in terms of budget relative to box office," laughed Portman.

"When you make something that has emotional truth, you can connect people in the most meaningful way."

Just as Portman has come a long way since she began acting at age 11, so too has Hollywood, she insists. Already anticipating directing again, Portman is encouraged that female filmmakers may be finally getting their day in Hollywood.

"People are actively looking for female directors now for projects; they're much more excited about female-led projects in terms of financing," said Portman, crediting the media.

"I think it's really a case of journalism leading the charge where I think all the writing about it has really changed behaviour."

CAREER REFLECTION IN HER OWN WORDS

On making a period drama on a budget

"This is obviously a fraction of a fraction of a fraction of a superhero movie budget," said Portman.

"(But) an audience will relate to it in a deep way and I believe in that."

On her commitment to the acting profession

"Acting allows you do these short stints of intense work and take longer breaks," said Portman, insisting she's not forsaking acting for a directing career.

"It would be nice if I had the luxury of continuing to do both."

On overcoming her fear of vanity as an actress

"As a director I was really able to be kinder and gentler with myself just for the utilitarian purpose of needing to make the movie better," said Portman.

"Sometimes I did a good job which is usually hard to admit."

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THE TV DINNER JESSICA ALLEN

Like Dave (in Breaking Away), I've also pretended to be Italian — mostly in the kitchen

For the last 18 years I've travelled the streets of Toronto on my bike.

In the early days, before designated bike lanes arrived on some streets, I quickly learned that police will treat cyclists like motorists: shortly after arriving to the city in '98 for grad school, I received a ticket for running a red light. I've never done it again, $185 later.

Today, I'm equal parts frustrated and bewildered more by my fellow cyclists than motorists: those that don't signal their intent, that breeze past open streetcar doors, and that ride on sidewalks (some even ring their bells at pedestrians!) What confuses me most, however, involves what used to be pretty standard street fare: the right-hand turn.

Today, at most downtown street lights where cars and bikes converge, it's turned into a juggernaut that shouldn't be: "cyclists can either stay behind the vehicle," the Ontario Ministry of Transportation advises me in its safety material, "or pass the right-turning vehicle on the left by shoulder checking, signalling, checking again and then passing on the left. Never pass a right-turning vehicle on the right."

Mostly I just see motorists yielding to cyclists illegally passing on the right. When they don't, I've observed cyclists give motorists the finger, kick their door, and yell at them to get out of the bike lane, which — in most cases — they've legally merged into. Once a cyclist even yelled at me for lawfully yielding to a car. It's almost enough to make you ride the streetcar.

Which is why I dialled up the 1979 classic Breaking Away on Netflix. Nominated for five Academy Awards, including best picture, and taking home a screenwriting Oscar, it's the best biking movie ever made.

OK, yes I know there's not a big pool to choose from, but the film, set in Bloomington, Indiana, during the summer that four friends figure out who they should be after graduating high school, was on steady viewing rotation in my childhood home.

The movie climaxes with a relay bike race that sees the the four "cutters"— colloquial for townies — compete against the rich college kids. Their leader, Dave, is so obsessed with the Italian cycling team that he pretends to be one of them.

Like Dave, I've also pretended to be Italian — mostly in the kitchen, which explains why almost every day this August, I've made panzanella salad. Grill stale bread on the barbecue, add cucumbers, pickled red onions, basil, ripe home-grown tomatoes, vinegar and olive oil and you've got dinner — without turning on the oven.

Besides nostalgia, I also owe a lot to this film, professionally speaking. Back in 2011, an editor at Maclean's thought it would be fun for the magazine's editorial assistant, me, to report from TIFF red carpets. First up was Moneyball, where I posed the profound question of: What's your favourite sports movie? Chris Pratt and Amy Ferris politely obliged. After naming Raging Bull, Field of Dreams, and A League of Their Own, Ferris dropped in Breaking Away and I lost my mind. "Breaking Away? Breaking Away!" I screamed at them. "I rode my bike here!" My festival coverage that year was nominated for a National Magazine Award. I didn't win, but I did ride my bike to the gala.

Jessica Allen is the digital correspondent on CTV's The Social.

FILM BRIEFS

Dwayne Johnson top earner in Hollywood

Dwayne Johnson elbowed Robert Downey Jr. aside to become the highest-paid actor with a fast and furious income of $64.5 million, according to Forbes magazine.

The former wrestler beat out Jackie Chan with $61 million and Matt Damon, who earned $55 million. The rest of the top five on the list, released Thursday, included Tom Cruise with $53 million and Johnny Depp with $48 million.

The top guys make more money than the top ladies. Forbes' list of the highest-paid actresses, released earlier this week, put Jennifer Lawrence on top with $46 million, Melissa McCarthy with $33 million and Scarlett Johansson with $25 million.

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We had our differences, but I wish her all the best at what must be a deeply upsetting time. Milo Yiannopoulos

Outrage over fresh hack attack on actress Jones

Turn our anger at trolls into love for Leslie Jones and into strategies to protect all the heroines who don't deserve this. Lena Dunham

ONLINE HARASSMENT

Investigators launching race and hate probe after website is shut down

Department of Homeland Security investigators said Thursday they are looking into the hack of Leslie Jones' website.

U.S. Immigration and Customs Enforcement, part of Homeland Security Investigations, said its New York office is investigating the hack that exposed the driver's license, passport and intimate photos of the Saturday Night Live star, along with hateful and racist images.

Jones' website was taken offline after the hack was exposed Wednesday.

The Ghostbusters actress was also targeted on Twitter last month with a barrage of racial slurs and obscene photos.

Several celebrities supported Jones on social media following the incident. Ghostbusters filmmaker Paul Feig called it an "absolute outrage."

Jones' SNL cast mates also expressed outrage about the hacking. Aidy Bryant said she was "so angry, disgusted and sad about this racist violent assault on Jones." Taran Killam said the hackers are "the worst of humanity, where she is the best."

The celebs' online rallying wasn't enough for Rebecca Carroll, author of such books as Saving The Race and Sugar In The Raw. She said people in positions of power need to "go deeper."

"Where is the practical response to this grotesque, debilitatingly mean-spirited violence?" she said. "It's one thing to offer her digital apologies for others' racism. It's another to actually take a stand to help eliminate it from our society."

Jones briefly quit Twitter last month after facing racial slurs, obscene photos and comments. She called on the social networking service to do more to curb harassment on the platform.

Twitter banned several users, including conservative provocateur Milo Yiannopoulos, the technology editor of the right-wing site Breitbart News. Yiannopoulos initially posted Wednesday on Snapchat that "karma's a (expletive)" but then said "just heard about Leslie Jones" and "ignore that karma thing."

"I was distressed to hear that Leslie Jones had been hacked and naked pictures of her have found their way online," Yiannopoulos said in a statement.

In recent years, Jennifer Lawrence, Scarlett Johansson, Mila Kunis, Kaley Cuoco and Kate Upton have been among Hollywood actresses who've had stolen nude images of themselves posted online.

THE ASSOCIATED PRESS

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Comedian and actress Leslie Jones has been targeted by online trolls since her role in the remake of Ghostbusters attracted racist criticism. RICH FURY/INVISION/THE ASSOCIATED PRESS

7 BOMBS OF THE SUMMER BLOCKBUSTER SEASON

This season of would-be blockbusters is giving Hollywood attention for all of the wrong reasons — so many failures that are costing studios hundreds of millions. Let's reminisce about the big-budget, small-reward movies we never bothered to see this summer, shall we? TORSTAR NEWS SERVICE/SUPPLIED

1 Alice Through The Looking Glass

Budget: $170 million (all figures U.S.). Domestic gross: $77 million. Rotten Tomatoes: 30%. Further proof of Johnny Depp's fallen star — and that of his frequent collaborator, Tim Burton — although the movie performed far better overseas, pulling in another $217.4 million.

2 Ben-Hur

Budget: $100 million. Opening weekend (North America): $11.2 million. Rotten Tomatoes: 28%. The remake only opened on Friday, and already Ben-Hur is considered the summer's biggest fail. Mazel tov!

3 Warcraft

Budget: $160 million. Domestic gross: $47 million. Rotten Tomatoes: 28%. The big-budget game adaptation is Lord of the Rings without heart or narrative, but lots of ugly creatures punching each other.

4 The BFG

Budget: $140 million. Domestic gross: $53.8 million. Rotten Tomatoes: 62%. The reviews were warm, or lukewarm, for this Roald Dahl adaptation, but audiences stayed away, making it the worst wide opening ever for a Steven Spielberg film.

5 Star Trek: Beyond

Budget: $185 million. Domestic gross: $146.9 million. Rotten Tomatoes: 83%. While it's not as great a disaster as Ben-Hur, the latest Star Trek instalment had a huge budget (not to mention marketing costs) to recoup, and the results amount to a massive disappointment in this, the 50-year anniversary of the sci-fi franchise.

6 Teenage Mutant Ninja Turtles: Out of the Shadows

Budget: $135 million. Domestic gross: $81.9 million. Rotten Tomatoes: 38%. Not even Megan Fox could coax the franchise's aging fans out of their shells.

7 Independence Day: Resurgence

Budget: $165 million. Domestic gross: $102.3 million. Rotten Tomatoes: 32%. We're baa-aack, said the aliens. To which the Earth responded with a half-assed shrug.

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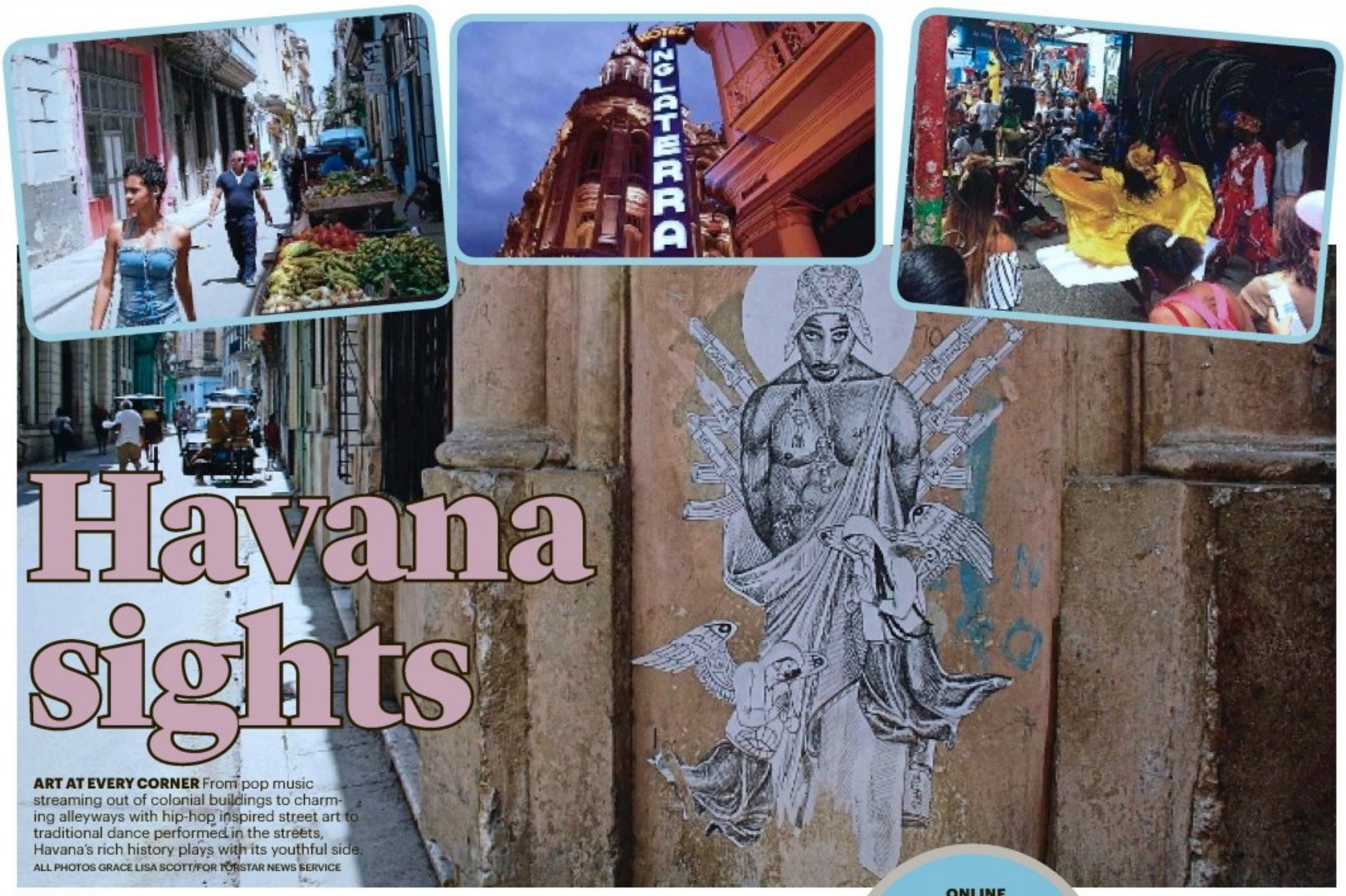
Hip-hop artist Jandro briefly shut down Route 66 in New Mexico with twerking, lowriders



Havana sights

ART AT EVERY CORNER From pop music streaming out of colonial buildings to charming alleyways with hip-hop inspired street art to traditional dance performed in the streets, Havana's rich history plays with its youthful side.

ALL PHOTOS GRACE LISA SCOTT/FOR TORSTAR NEWS SERVICE

CULTURE

Music and art a constant in Cuban capital

Grace Lisa Scott
For Torstar News Service

Old Havana, on a hot Saturday afternoon, is almost more than the eyes can handle.

Along the narrow streets, residents yell from their windows, vendors sell tropical fruit from wooden carts, and restless cab drivers dart in every direction. Among the cacophony and colour, two things remain constant: music and art.

Pop songs pour out of doorways as tenants sit on sidewalks, observing the flow of activity. A stroll on these inner-city sidewalks reveals street art and public installations among the bright colonial façades.

From inside a house beside an 18th-century church, a band practises a heavy electric version of Mark Ronson's Uptown Funk.

This is the vibe in this friendly metropolis, where Cuba's rich history plays well with its youthful side.

A wonderful example of this duality of culture comes in the form of the Gran Teatro de La Habana Alicia Alonso, right across from Parque Central.

Built in the early 19th century, this palatial theatre is just one of the many historical buildings swept up in a wave of restoration throughout Old Havana. It re-opened its doors in January.

The home of Cuba's national ballet, this is the place to catch homegrown performers of a world-class calibre.

Thursday to Sunday, a journey to the central neighbourhood of Vedado is well worth it to wander the artistic labyrinth of the Fabrica de Arte Cubano, or FAC.

A converted warehouse run by the Ministry of Culture, lets visitors roam the multi-use arts space. From 8 p.m. to 3 a.m. there is art, music, movies and cocktails to take in along the way.

A trip to the upper floor reveals a painting and photography exhibit and downstairs an energetic young band called Nube Roja play funk-influenced pop to a packed crowd of dancers.

After a night at the FAC, a worthy mellow Sunday activity is a visit to Callejon de Hamel, a narrow alleyway in Central Havana filled with surrealist sculpture, vivid murals, and barbecue smoke.

The brainchild of Cuban artist Salvador Gonzales Escalona, the painted walls and sculpture park of Callejon de Hamel is an artistic ode to the vibrant African culture of Cuba, and every Sunday afternoon Afro-Cuban rumba bands and traditional dancers perform in the alley for locals, their kids and a smattering of tourists.

Dance, drink and eat an amazing barbecued chicken sandwich prepared in front of customers, all the while feeling like a guest at the coolest Havana block party of the year.

It's certainly easy to enjoy the hustle and bustle of Havana from the comfort of one of its many patios, whiling away the hours drinking mojitos in the sun.

ONLINE
For more information visit GoCuba.ca

And it's a decent option — the Hotel Inglaterra near Parque Central, for instance, is a prime people-watching location.

But a few trips into Havana's cultural scene are too valuable to miss. After all, with all the commotion, what better way to hear the city's heartbeat.

Grace Lisa Scott's trip to Cuba was partially sponsored by G Adventures, which didn't review or approve this story.

IF YOU GO ...

Getting there
Air Canada flies direct to Havana year-round. A cab from Jose Marti International Airport into Old Havana should have a flat rate of roughly 25 CUC ($32.25).

Cash coverage
Cuba has two currencies, the Cuban Convertible Peso (CUC) for tourists, and the Cuban Peso (CUP) for residents. Everywhere you go will the airport or at exchange houses in the city. Plan to travel with cash in Havana, as local businesses don't accept debit or credit cards.

Scenic view of the Nicklaus North Golf Course.
MIKE CRANE/TOURISM WHISTLER

Top-notch tee offs in the mountains of Whistler

BRITISH COLUMBIA

Resort town ranks among best golf spots

Brian Kendall
For Metro Canada

Whistler is a fun-packed town no matter the season.

In winter, skiers from around the world challenge the slopes of a British Columbia village that, together with Vancouver, hosted the 2010 Winter Olympics. Even bigger crowds arrive in summer to golf, hike and savour the mountain scenery.

With three top golf courses within a five-minute taxi ride of town, and another a short drive up the highway, Whistler ranks among the best — and most convenient — golf destinations in North America.

Golf was added to Whistler's tourism mix in 1983 when municipally-owned Whistler Golf Club opened within shouting distance of a colourful, walking-only inner village that includes dozens of restaurants, hotels, shops, bars and outdoor patios.

Designed by Arnold Palmer, this strong layout is set in a serpentine valley dotted with nine lakes and cut by two creeks. Another attraction is the club's charming outdoor patio, an ideal spot to ponder how to spend the rest of your day. Adrenaline junkies might opt for white-water rafting on the Green River, a zip-line trek across Fitzsimmons Valley, or a mad charge down the slaloms of the world's largest downhill bike park.

No one who visits Whistler is ever disappointed by the scenery. I spotted a mama bear and her two cubs during my round at Nicklaus North Golf Course. Slowly building momentum, this Jack Nicklaus-designed layout switches into high gear on a back nine featuring three strong par threes, all of which bring water into play.

With the successful launch of acclaimed courses by Palmer and Nicklaus, golf's two biggest stars, Whistler emerged as one of North America's most talked about new golf destinations.

In 1993, the Fairmont hotel chain unveiled what purists maintain is Whistler's only true mountain course. Unlike the Palmer and Nicklaus designs, which roll gently across the flatlands of the valley floor, Fairmont Chateau Whistler Golf Course is carved through the lower slopes of Blackcomb. During the opening three grinding uphill holes at this Robert Trent Jones Jr. design, golfers experience an elevation change of more than 300 feet.

There's so much going on in Whistler that many visitors never stray beyond the town limits. But it would be foolish for any serious golfer to come this far and not play Big Sky Golf and Country Club, about 25 minutes north in lovely Pemberton Valley.

> **No one who visits Whistler is ever disappointed by the scenery. I spotted a mama bear and her two cubs.**

Sheer-faced and massive, Mount Currie looms like a granite god over a brawny valley design by Bob Cupp defined by twisting creeks and seven lakes. Beware the fourth hole, not coincidentally named Purgatory. Water snakes across the fairway no fewer than four times on this 600-yard par five. Even the end of your stay in Whistler doesn't have to bring a stop to the fun. The drive south to Vancouver along the winding Sea-to-Sky Highway is one of the most picturesque in Western Canada. Just past the historic mining town of Squamish, look on the right side of the highway for a 211-yard par three set on a rocky peninsula thrusting into Howe Sound. That's the signature hole of Furry Creek Golf and Country Club. If time permits, stop and play an outrageous thrill ride of a course that's so difficult it's best not to keep score.

For more golf travel stories, visit Brian's website at canadiangolftraveller.com

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metro SPORTS

Olympic 100-metre champ Elaine Thompson starred while her Jamaican teammate Usain Bolt missed the first Diamond League meet after Rio

IN BRIEF

Avs hire AHL champion to replace Roy as head coach

The Colorado Avalanche have hired Jared Bednar as their new head coach.

Bednar replaces Patrick Roy, who abruptly stepped down earlier this month.

Bednar won the American Hockey League's Calder Cup championship as coach of the Lake Erie Monsters last season.

THE ASSOCIATED PRESS

Coyotes trade draft picks to get 2015 first-rounder

The Arizona Coyotes have acquired prospect Lawson Crouse and veteran Dave Bolland's contract from the Florida Panthers for two draft picks.

Arizona sent a 2017 third-round pick and a conditional 2018 second-rounder that could become another 2017 third to Florida.

Crouse was the 11th pick in the 2015 draft.

THE ASSOCIATED PRESS

Reed doing damage at FedEx Cup playoff opener

Patrick Reed didn't break anything Thursday except par.

Two days after Reed broke the gavel during the ceremonial closing bell at the New York Stock Exchange, the American kept a clean card and shot 5-under 66 to share the lead with Martin Laird at The Barclays, the start of the FedEx Cup playoffs, with a $10-million bonus waiting at the end.

THE ASSOCIATED PRESS

Strong all-around play reason for turnaround

VIEW FROM THE 300S

Andrew 'Hustler' Paterson

Remember when the Winnipeg Blue Bombers were 1-4 and fans (myself included) were ready to write off the year and prepare for another organizational overhaul in the off-season? Sure seems like ages ago now.

After a well-earned bye week, the 4-4 Bombers are in Montreal tonight to take on the Alouettes and look to extend their winning streak to four games for the first time since the 2011 season.

The turnaround of the team's fortunes can be directly linked to Mike O'Shea's decision in Week 6 to turn over the starting QB duties to Matt Nichols who replaced a struggling Drew Willy. Nichols has had a huge hand in the wins, but the reversal of fortune has been truly a team effort.

While the quarterback will always get the bulk of the attention in wins and losses, the Bombers defence and special teams have been as much a part of this turnaround if not more, than anything happening on the offensive side of the ball.

The Bombers defence has suddenly become the most opportunistic unit in the league as of late, highlighted by a plus-12 turnover differential in the last three games. The offence certainly gets credit for making the most of these opportunities and not giving the ball away themselves, but the consistent work of Richie Hall's defence has been the cornerstone of the turnaround.

Blue Bombers defensive back Kevin Fogg breaks up a pass intended for the Eskimos' Chris Getzlaf on July 28 in Edmonton. JASON FRANSON/THE CANADIAN PRESS

GM Kyle Walters deserves much of the credit for stocking the roster with new talent to overcome the losses of key regulars in the lineup on both sides of the ball, especially on D. Newcomers to the defensive line Euclid Cummings and Keith Shologan have combined with Jamal Westerman to ramp up the QB pressure up front, helping a new group of ballhawks to make their mark in the secondary. Terrence Frederick, Taylor Loffler and Kevin Fogg have all emerged as impact players this season when given their opportunity to shine.

> **What we have seen lately from the Blue and Gold suggest their recent run is not an aberration.**

+12

The Bombers differential in turnovers in the last three games.

While the defence has created turnovers and the offence has put points on the board, the Bombers' special teams play has been equally important.

Since giving up a touchdown on the same play as a missed field goal against Hamilton in Week 3, the special teams have been dynamite. The kick and punt coverage teams have been as effective as any in the CFL and Fogg in particular has helped spark a suddenly dangerous return game that has been crucial in tilting the field in the Bombers' favour during this hot streak.

Bombers fans have become cynical over the years and I can't say I blame them. But what we have seen lately from the Blue and Gold suggest their recent run is not an aberration. The Bombers' 180 turnaround has been about far more than a QB change. In every aspect of the game the team has raised its level of play and if that continues, so will the Bombers rise up the CFL standings.

CFL

Als look to protect ball from Bombers

Kevin Glenn has done a good job of avoiding interceptions this season, but he'll be facing the hungriest ball hawks in the CFL when the Winnipeg Blue Bombers visit Percival Molson Stadium on Friday night.

The Bombers forced 12 turnovers in their last two games, including five picks in their last outing, a 34-17 win in Toronto on Aug. 12. And cornerback Johnny Adams, who co-led the CFL last season with six interceptions, is set to return from a hamstring injury for his first action of the season.

"They've done a great job of getting the ball back to their offence, so we have to protect the ball," Glenn said Thursday. "They're playing well and their front seven helps the back end play the way they want. If we protect the ball, we'll be all right."

Glenn, who has allowed only five picks in seven starts, is coming off his best game of the season. Held without a touchdown two weeks ago by Edmonton, the Montreal offence scored six in a 43-19 victory in Ottawa last week, including five touchdown passes by one of the CFL players of the week.

The Als' Kevin Glenn THE CANADIAN PRESS

Getting consistent production on attack has been a challenge for Montreal this season. After opening the season with a 22-14 win in Winnipeg, they were held to 17 points or fewer in their next three games. Then they broke out with a 41-3 win over Saskatchewan only to score 18 and 14 points in their next two games respectively.

Now the Alouettes (3-5) hope to win two in a row for the first time this season.

"When I say duplicate it, I'm not talking about throwing five touchdown passes, I'm taking about winning games, however we do it," said Glenn.

And for a second game in a row, Montreal will face a team coming off a bye-week. They hope that will cool off the Bombers (4-4), who have won three in a row since Matt Nichols replaced Drew Willy as the starting quarterback. Winnipeg has also won its last three road games. THE CANADIAN PRESS

Resurgent Tigers put away sweep of Twins

Justin Upton, Tyler Collins and J.D. Martinez celebrate Thursday's win in Minneapolis. HANNAH FOSLIEN/GETTY IMAGES

MLB

Norris takes shutout into 6th against bottom-dwelling team

THURSDAY In Minnesota

8	5
TIGERS	TWINS

The Detroit Tigers slipped back toward the pack in the wild-card race with an ill-timed stretch this month of 10 losses in 13 games.

They found the perfect tonic on this trip to Minnesota, using the last-in-the-league Twins as a launching pad for their playoff push.

James McCann had a three-run homer among his four hits, Daniel Norris pitched into the seventh inning and the Tigers completed a sweep with an 8-5 victory on Thursday for the Twins' seventh straight defeat.

"Our pitching is solid, especially in the second half," manager Brad Ausmus said, "but we're built to slug and it's nice to see it."

The Tigers, who are 10-2 against the Twins this year, stretched their winning streak at Target Field to eight games.

"We needed this for sure," Norris said. "We've kind of been up and down a little bit, but anytime you win three in a row that's always good."

Norris (2-2) struck out five in 6 1/3 innings, allowing six hits without a walk in his longest and strongest start this season. He took a shutout into the sixth, surrendering RBI singles by Robbie Grossman and Eduardo Escobar over his last two innings.

"It showed me I can go out there and compete without my best stuff and get deep into games," Norris said.

THE ASSOCIATED PRESS

Canada's trusted trio mining for gold

WORLD CUP

Captain Crosby, Weber, Toews will lead by example again

Sidney Crosby last captained Team Canada at the 2015 world championship in the Czech Republic. MARTIN ROSE/GETTY IMAGES FILE

Hockey Canada's gold-medal leadership group will again go mining at the upcoming World Cup of Hockey. Sidney Crosby will once again serve as captain for Team Canada, joined like he was at the 2014 Sochi Olympics by Jonathan Toews and Shea Weber as alternates.

It seemed only fitting, given Canada's success in Russia, that the defined leadership group would be given the honour once more at the revived international tournament, which begins in Toronto next month.

"They know me, I know them, they know what's expected," head coach Mike Babcock said of the decision during a Hockey Canada conference call. "And probably the thing that separates them from a lot of players is they play their best in the biggest moments."

All three performed on the biggest international stage more than two years ago where Canada captured its second straight gold medal at the Sochi Games.

Crosby scored the second goal of the gold-medal game against Sweden and was a dominant two-way force through the tournament. He also scored one of the biggest goals in Canadian hockey history in 2010, icing the "golden goal" in overtime in Vancouver.

Toews, an unexpected star for the Canadians in 2010, opened the scoring against the Swedes in the 2014 gold-medal tilt, leading all Canadian forwards in minutes throughout the event. One half of Canada's top pair on defence, Weber paced the group both in ice-time and production.

All three have also performed well for their NHL club during the Stanley Cup playoffs, especially Crosby and Toews, who have won five Stanley Cups combined, including the second from the Pittsburgh Penguins captain last spring. Also, Crosby, Toews, and Weber each served as captains for their respective NHL teams last season. Babcock, speaking to the idea of leadership, said that while others may envision a big Hollywood speech, "in reality, (leadership is) more about what you do than what you say.

> **The thing that separates them from a lot of players is they play their best in the biggest moments**
> Michael Babcock on Crosby, Toews and Weber

"And leadership is delivered in the big moments, under the gun. Leadership is saying the right thing in a calm, composed manner at the right times."

"Leadership is about making people accountable when things aren't right and these guys - whether it be Sid, Weber or Toews — they all do it real well," he said. THE CANADIAN PRESS

IN BRIEF

Putin denounces ban on Russia at Paralympics

Russian President Vladimir Putin attacked the ban on his country from the Rio de Janeiro Paralympics as immoral and inhumane on Thursday.

Russia was suspended on Aug. 7 over what International Paralympic Committee president Philip Craven called a "medals over morals" culture with evidence of state-sponsored doping.

THE ASSOCIATED PRESS

Northern Ireland's Meadow leading at Canadian Open

Northern Ireland's Stephanie Meadow birdied her final two holes to leapfrog a group of three players atop the leaderboard after a lightning-delayed morning round of the LPGA's Canadian Open on Thursday.

Meadow finished with a score of 6-under 66 at Priddis Greens Golf and Country Club in Calgary.

THE CANADIAN PRESS

Dolphins step up mosquito control amid Zika concerns

The Miami Dolphins and Miami Marlins say they've intensified mosquito-control treatments at their stadiums because of the Zika virus.

The Dolphins' stadium is more than 10 miles from the nearest area of the virus outbreak. Even so, the Dolphins undertook additional treatments as a precaution.

THE ASSOCIATED PRESS

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RECIPE Tuna Niçoise Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Welcome the weekend with this flavorful sammie combining tuna and egg that get a flavuor boost from olive tapenade.

Ready in 1 hour and 15 minutes
Prep time: 15
Time in fridge: 1 hour
Makes 6 to 8 servings

Ingredients
- 3 Tbsp olive oil
- 2 Tbsp white wine vinegar
- 1 Tbsp dijon mustard
- 2 x 7 oz cans of tuna
- 1/4 English cucumber, sliced
- 1 rustic loaf of bread
- 1 or 2 Tbsp black olive tapenade
- handful fresh basil
- 3 hard-boiled eggs

Directions

1. Whisk together oil, vinegar and mustard until you have a smooth dressing. Drain your tuna well and place it in a bowl. Add 2 tablespoons of the dressing to the tuna and mash it up with a fork and mix well. Toss the sliced cucumber in the remaining tablespoon of dressing and give it a stir.

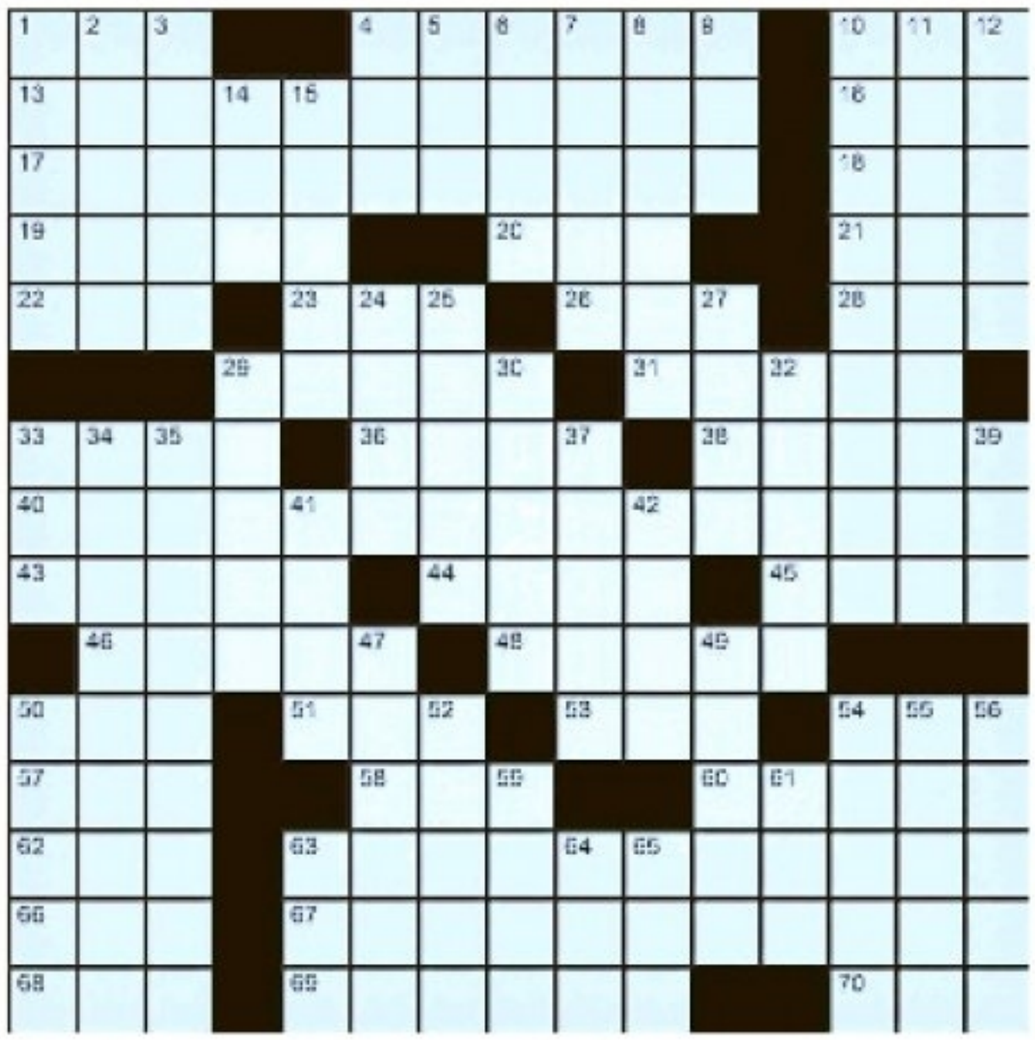
2. Cut the loaf of bread horizontally and use your fingers to pinch out a good bit (about a cup) of the soft bread inside. Spread a thin layer of tapenade on piece of bread. Place a layer of basil leaves, followed by a layer of sliced egg. Now use a spoon to mound the tuna next. Follow with a layer of sliced cucumber.

3. Place the top of the bread and press down gently. Wrap the whole sandwich in plastic. Put it on a plate and weigh it down with something. Put the whole works in the fridge for at least an hour or overnight so the flavours combine and the sandwich is easier to slice.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



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21. Stage hint
22. Lana Del __
23. Performer's agt.
26. Lorne Michaels' li'l show
28. Owns
29. Pepsis
31. Masterpiece displayer
33. 'Mars'-meaning prefix
36. Wk.'s first days
38. Namesakes of Ingrid's Casablanca (1942) character
40. Canadian who anchors her own show on HLN: 2 wds.
43. Mythology: Rarified fluid
44. Way off
45. Prefix meaning 'Within'
46. Garden plant
48. Arctic boat
50. Ms. Winger, to pals
51. Affixed, abbreviated
53. Laboratory subj.
54. Battery size
57. Grand __ Opry
58. "Yuck!"
60. Envelope insertions [abbr.]
62. Irish coronation stone, __ Fail
63. Yeomen Warders protect them: 2 wds.
66. Muscle, e.g.
67. Randy Bachman's Springtime melts the snow... tune: 2 wds.
68. "What did you just say?"
69. Inattentive
70. Irons, symbolically

DOWN
1. Pantheon of Norse gods
2. High, in Hull
3. Mouse on "The Simpsons"
4. __-friendly
5. Comfy room
6. Sudbury landmark, __ Superstack
7. Used-ticket bits
8. 'Live-forever"perennial plant
9. Belonging to Lincoln's li'l state
10. Helps out: 2 wds.
11. Sculpture or photography or ceramics: 2 wds.
12. Lyricist Tim's surnamesakes
14. Prefix meaning 'Ear'
15. Explosive stuff
24. "If all __ fails..."
25. 1963 Billboard chart-topper: "Hey __"
27. Retreat
29. Salmon varieties
30. Debacle
32. Streamlined
33. Marie Claire's friend
34. Saint-Jean-sur-__, Quebec
35. New Wave classic by Martha and the Muffins: 2 wds.
37. Sends e-mail advertising
39. __ Luis, Brazil
41. "Thou __ __ lady." - King Lear
42. Mr. McCormack
47. Metropolitan maison, pied-__-__
49. Comic books scream!
50. Mr. Lundgren of Rocky IV (1985)
52. Wee hours time: 2 wds.
54. The Sign by __ __ Base
55. Carpenters hit: "For __ __ Know"
56. Groups, briefly
59. '39 to '45 conflict
61. Nunavut's neigh.
63. Paramedic's skill, commonly
64. Singer/songwriter Lionel's famous daughter ...her initials-sharers
65. '__' __ for Jasper

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do what you can to get better organized now. Basically, you want to turn over a new leaf. You want to be on top of your life; you even want to be healthier!

Taurus April 21 - May 21
This is a lovely, playful time for your sign. Slip away on vacation if you can. Romance, the arts and enjoyable activities with children will delight.

Gemini May 22 - June 21
Your attention continues to focus on home, family and your private life. One thing that consumes you now is repairs and redecorating projects.

Cancer June 22 - July 23
This is a busy, fast-paced time for you, so enjoy the next few weeks. Short trips, errands, increased reading and writing plus talking to everyone will keep you on the go!

Leo July 24 - Aug. 23
Money is on your mind now. You have moneymaking ideas; however, you also have ideas about how to spend money. (There are so many beautiful things and fun experiences!)

Virgo Aug. 24 - Sept. 23
You have good fortune in the next few weeks, so make the most of it. Favourable circumstances and important people are attracted to you now. Lucky you!

Libra Sept. 24 - Oct. 23
Work behind the scenes for the next few weeks, because this will feel best. Start to plan ahead what you want your new year (birthday to birthday) to be all

Scorpio Oct. 24 - Nov. 22
Friendships are important to you now. That's why the next few weeks will be unusually social and popular for you.

Sagittarius Nov. 23 - Dec. 21
Because people in authority admire you, expect to be asked to take on increased responsibilities or to do a special job. Don't worry — you will shine!

Capricorn Dec. 22 - Jan. 20
Treat yourself to exciting changes and opportunities to visit different places in the next few weeks, because you need a change of scenery. Grab every opportunity to learn something new.

Aquarius Jan. 21 - Feb. 19
The next few weeks are the ideal time to focus on debt, taxes, inheritances and shared property. Tie up as many loose ends as possible. You will benefit from financial transactions.

Pisces
Feb. 20 - March 20
Get more sleep in the next few weeks. Aside from that, your relations with partners and close friends are excellent!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3								5
	8	1	2		6	9	7	
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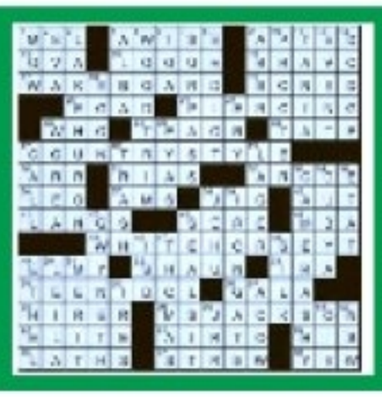
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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7	2	3	8	6	1	9	4	5
9	1	6	2	5	4	8	7	3
2	7	1	6	9	5	4	3	8
3	8	5	7	4	2	6	1	9
6	4	9	3	1	8	5	2	7

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